

Safety On The Road

You Need Good Fuel Too

Traditional truckstop fare – meat with potatoes swimming in gravy, followed by pie with ice cream, washed down by lots of black coffee – has kept the wheels rolling across this country for generations.

However, drivers who want to stay healthy to do their jobs well, and eventually retire in good health, are learning to make different food choices.

Foods heavily laden with fat are poor choices on several counts. They make you feel sleepy and sluggish – not the best state for someone piloting many tons of steel down the highway. Fatty foods also contribute to illnesses including heart attack, stroke and cancer, not to mention excess body weight.

Sugary foods give you a quick rush of energy, but this is followed by a slump in your mental and physical energy. Another dietary problem with sweets is they are usually made with lots butter, oil or lard.

Maybe it is time to take a new look at truck stop menus. Here are some of the healthier choices you will likely find at your favorite restaurants:

- Fresh vegetable salads are a good choice because they include a variety of vegetables and nutrients. Skip the creamy potato and pasta salads.
- Steamed vegetables and plain potatoes are good hot vegetable choices.
- Bean dishes such as chili and baked beans provide healthful alternatives to fatty meats. Poultry, fish or lean meat baked or broiled without added butter, gravy or cream sauce are also an improvement.
- Whole grain rolls, pasta and rice are high in nutrition and low in fat. Fill up on these healthful “comfort foods”.

- Fresh fruit is a good dessert choice. Substitute frozen yogurt or sorbet for ice cream.

- Snacks can help pass the time when you are driving. Instead of candy bars and doughnuts, try switching over to fresh fruit and vegetable sticks.

- If you drink excessive amounts of coffee, tea and soft drinks, you might not be doing yourself a favor. These beverages can cause jittery nerves and sleeplessness. They can also result in the loss of needed nutrients from your body. Cut down by substituting fruit juices and plain water.

Good nutrition is part of maintaining good health. A good diet can help you to stay healthy, strong and alert. It can prevent weight problems which contribute to back injuries and illnesses. Eating well is also an investment in future health so you can spend your retirement years traveling for fun!

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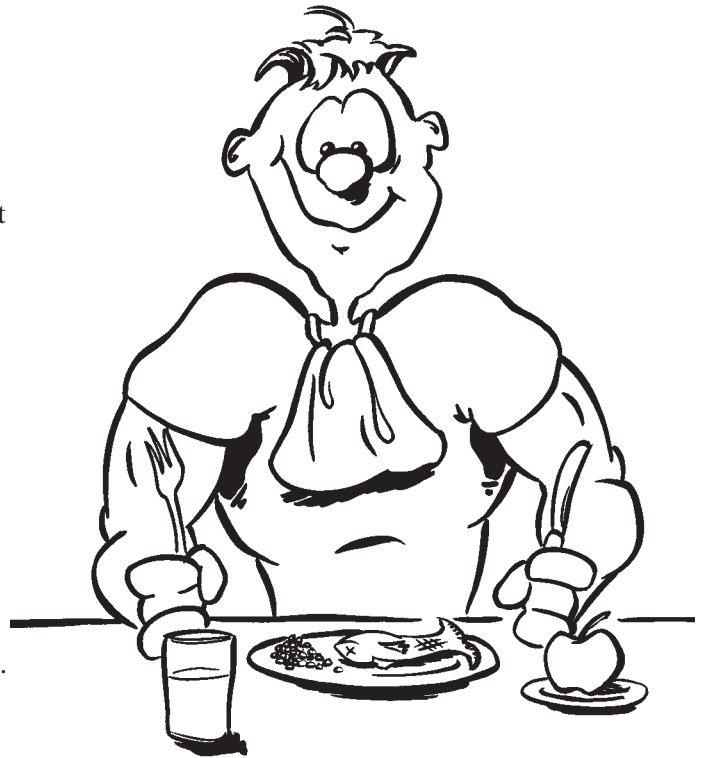
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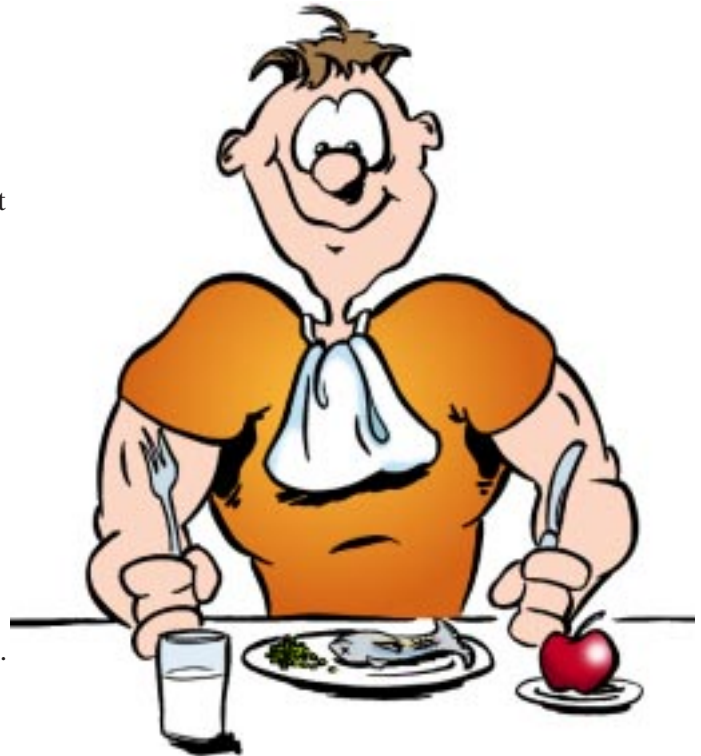
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